Stop the spread of germs that make you and others sick!

The flu and other serious respiratory illnesses are spread by coughing or sneezing and unclean hands.

TIPS FOR STAYING HEALTHY:

Cover your mouth and nose.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
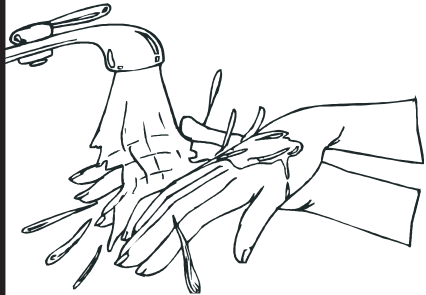- Put your used tissue in the wastebasket.

Washing your hands often will help protect you from germs.

- Clean your hands after coughing or sneezing
- Wash with soap and water; or
- Clean with alcohol-based hand cleaner.

Avoid close contact.

- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Avoid touching your eyes, nose or mouth.

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment

GET SMART VIRGINIA
Know When Antibiotics Work

Adapted from the CDC web site October 8, 2004